

Catalogue no. 62-013-X
ISSN 1708-0142

Canadian Foreign Post Indexes

July 2020

Release date: July 6, 2020



Statistics
Canada

Statistique
Canada

Canada

How to obtain more information

For information about this product or the wide range of services and data available from Statistics Canada, visit our website, www.statcan.gc.ca.

You can also contact us by

email at STATCAN.infostats-infostats.STATCAN@canada.ca

telephone, from Monday to Friday, 8:30 a.m. to 4:30 p.m., at the following numbers:

- | | |
|---|----------------|
| • Statistical Information Service | 1-800-263-1136 |
| • National telecommunications device for the hearing impaired | 1-800-363-7629 |
| • Fax line | 1-514-283-9350 |

Depository Services Program

- | | |
|------------------|----------------|
| • Inquiries line | 1-800-635-7943 |
| • Fax line | 1-800-565-7757 |

Standards of service to the public

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner. To this end, Statistics Canada has developed standards of service that its employees observe. To obtain a copy of these service standards, please contact Statistics Canada toll-free at 1-800-263-1136. The service standards are also published on www.statcan.gc.ca under "Contact us" > "[Standards of service to the public.](#)"

Note of appreciation

Canada owes the success of its statistical system to a long-standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued co-operation and goodwill.

Published by authority of the Minister responsible for Statistics Canada

© Her Majesty the Queen in Right of Canada as represented by the Minister of Industry, 2020

All rights reserved. Use of this publication is governed by the Statistics Canada [Open Licence Agreement](#).

An [HTML version](#) is also available.

Cette publication est aussi disponible en français.

Canadian Foreign Post Indexes, July 2020

These indexes are calculated to establish and adjust the Post Living Allowance (PLA) paid to Canadian government employees serving outside Canada. They are comparative measurements that numerically express the difference between the retail prices of a representative basket of goods and services at a foreign location with prices for a similar basket of goods and services in Ottawa.

Three separate groupings of indexes are provided, each among them reflecting the specific terms and conditions of service for the members of one of the following categories of personnel:

- persons serving under the terms and conditions of the Foreign Service Directives (FSDs);
- persons working under the provisions of the Technical Assistance Handbook (TAH);
- Canadian Forces members serving outside the country either under the terms and conditions of the Military Foreign Service Instructions (MFSIs) or the Foreign Service Directives (FSDs).

Monthly release notes

This is to advise you of the renewed validity of Post Indexes calculated for the purpose of the Post Living Allowance applicable to Canadian Government expatriate personnel or persons under contract. All users must consult with Statistics Canada to ensure that the appropriate index is used.

The [Guide to the Post Index](#),¹ which was revised in June 2010, remains available.

Other Post Index adjustments are indicated on the basis of our continuing monthly reviews. These adjustments are predicated on shifts in the current values of the respective currencies used at the posts relative to the Canadian dollar. They also take into account comparative rates of change in consumer prices at these posts and in Ottawa since the last surveys were carried out.

1. <https://www150.statcan.gc.ca/n1/pub/62f0072g/62f0072g2010001-eng.htm>

Foreign Service Directives Post Indexes

Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Afghanistan	Kabul	100			Sep-2003	Afghani
Algeria	Algiers	Mar-2019	89	89			Feb-2020	Dinar (Algeria)
Argentina	Buenos Aires	Feb-2015	103	97	1		Jul-2020	Peso (Argentina)
Australia	Canberra	Apr-2017	117	122			Jun-2020	Dollar (Australia)
Australia	Canberra	Apr-2017	121	126		f	Jun-2020	Dollar (Australia)
Australia	Sydney	Apr-2017	120	125			Jun-2020	Dollar (Australia)
Australia	Sydney	Apr-2017	125	131		f	Jun-2020	Dollar (Australia)
Austria	Vienna	Oct-2017	125	132			Apr-2020	Euro
Bangladesh	Dhaka	May-2018	129	125	1		Jul-2020	Taka
Barbados	Bridgetown	Oct-2018	132	138			Apr-2020	Dollar (Barbados)
Belgium	Brussels	Aug-2015	129	137			Apr-2020	Euro
Belgium	Brussels	Aug-2015	136	144		d	Apr-2020	Euro
Benin	Cotonou	L	110	106		a	Jun-2020	CFA Franc BCEAO
Bolivia	La Paz	L	98	103		a	Apr-2020	Boliviano
Brazil	Brasília	Mar-2015	104	100			Jun-2020	Real
Brazil	Rio de Janeiro	L	104	100			Jun-2020	Real
Brazil	Sao Paulo	Mar-2015	104	100			Jun-2020	Real
Brunei Darussalam	Bandar Seri Begawan	Aug-2017	84	87		a	Apr-2020	Dollar (Brunei)
Burkina Faso	Ouagadougou	Jan-2018	113	119			Apr-2020	CFA Franc BCEAO
Burma (Myanmar)	Yangon	Feb-2018	93	90	1	a	Jul-2020	Kyat
Cambodia	Phnom Penh	Feb-2016	102	110		a	Apr-2020	Riel
Cameroon	Yaoundé	Jul-2015	119	124			Apr-2020	CFA Franc BEAC
Chile	Santiago	Feb-2015	110	105			Dec-2019	Peso (Chile)
China	Beijing	Dec-2018	132	125	1		Jul-2020	Yuan Renminbi
China	Chongqing	Oct-2019	112	106	1		Jul-2020	Yuan Renminbi
China	Guangzhou	Mar-2015	138	132	1		Jul-2020	Yuan Renminbi
China	Hong Kong	Jan-2019	152	161			Apr-2020	Dollar (Hong Kong)
China	Shanghai	Jan-2019	137	130	1		Jul-2020	Yuan Renminbi
Colombia	Bogotá	Aug-2017	100	97			Apr-2020	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	137	130	1		Jul-2020	Franc (Congo)
Costa Rica	San José	Aug-2015	133	128	1		Jul-2020	Colon (Costa Rica)
Côte d'Ivoire	Abidjan	Oct-2015	119	127			Apr-2020	CFA Franc BCEAO
Croatia	Zagreb	Jun-2016	90	88		a	Jul-2019	Kuna
Cuba	Havana	Apr-2014	126	131			Apr-2020	Convertible Peso (Cuba)
Czech Republic	Prague	Oct-2017	104	98			Jun-2020	Koruna (Czech Rep.)
Denmark	Copenhagen	Aug-2017	139	144			Apr-2020	Krone (Denmark)

Foreign Service Directives Post Indexes

Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Dominican Republic	Santo Domingo	May-2018	104	99	1		Jul-2020	Peso (Dominican Rep.)
Ecuador	Quito	Apr-2016	122	129		a	Apr-2020	Dollar (USA)
Egypt	Cairo	Aug-2015	112	117			Apr-2020	Pound (Egypt)
El Salvador	San Salvador	L	95	100		a	Apr-2020	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	116	122			Jun-2020	Birr
Finland	Helsinki	Aug-2017	134	142			Apr-2020	Euro
France	Lyon	L	135	142		f	Apr-2020	Euro
France	Paris	Apr-2017	130	136			Apr-2020	Euro
France	Paris	Apr-2017	142	149		d	Apr-2020	Euro
France	Paris	Apr-2017	142	149		f	Apr-2020	Euro
Germany	Berlin	Aug-2015	115	121			Apr-2020	Euro
Germany	Düsseldorf	L	123	129			Apr-2020	Euro
Germany	Munich	L	121	127			Apr-2020	Euro
Ghana	Accra	Oct-2015	115	110			Aug-2017	Cedi
Greece	Athens	Nov-2014	115	118			May-2020	Euro
Guatemala	Guatemala City	Aug-2017	118	122			Apr-2020	Quetzal
Guyana	Georgetown	Oct-2017	117	121			Apr-2020	Dollar (Guyana)
Haiti	Port-au-Prince	Nov-2017	127	120	1		Jul-2020	Gourde
Honduras	Tegucigalpa	Apr-2017	113	117			Apr-2020	Lempira
Hungary	Budapest	Nov-2014	116	112			Aug-2018	Forint
Iceland	Reykjavik	L	134	140	1		Jul-2020	Krone (Norway)
India	Bangalore	Oct-2018	114	112			Feb-2019	Rupee (India)
India	Chandigarh	L	109	113			Jan-2019	Rupee (India)
India	Mumbai	Jun-2018	110	116			Jan-2019	Rupee (India)
India	New Delhi	Jun-2018	109	113			Jan-2019	Rupee (India)
India	New Delhi	Jun-2018	115	120		f	Jan-2019	Rupee (India)
Indonesia	Jakarta	Aug-2015	113	119			Jun-2020	Rupiah
Indonesia	Semarang	L	113	119		f	Jun-2020	Rupiah
Iraq	Baghdad	100			Aug-2004	Dinar (Iraq)
Ireland	Dublin	May-2016	107	114			Apr-2020	Euro
Israel	Tel Aviv	Apr-2017	128	133			May-2020	Shekel (Israel)
Italy	Rome	Sep-2017	119	125			Apr-2020	Euro
Italy	Rome	Sep-2017	130	137		f	Apr-2020	Euro
Jamaica	Kingston	Oct-2018	114	109	1		Jul-2020	Dollar (Jamaica)
Japan	Nagoya	L	165	173			Apr-2020	Yen
Japan	Tokyo	Sep-2014	165	173			Apr-2020	Yen
Jordan	Amman	Sep-2017	128	133			Apr-2020	Dinar (Jordan)

Foreign Service Directives Post Indexes

Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Kazakhstan	Nur-Sultan	Feb-2019	103	99			May-2020	Tenge
Kenya	Nairobi	May-2014	137	142			Apr-2020	Shilling (Kenya)
Korea, South	Seoul	Jan-2019	132	138			Oct-2019	Won
Kuwait	Kuwait	Oct-2015	120	124			Jun-2020	Dinar (Kuwait)
Laos	Vientiane	Jan-2016	101	106		a	Apr-2020	Kip
Latvia	Riga	Oct-2017	107	113			Apr-2020	Euro
Lebanon	Beirut	Dec-2018	163	169	1		Jul-2020	Pound (Lebanon)
Lithuania	Vilnius	Dec-2017	79	84		a	Apr-2020	Euro
Malaysia	Kuala Lumpur	May-2015	105	102			Jun-2020	Ringgit (Malaysia)
Mali	Bamako	Mar-2019	108	104			Jun-2020	CFA Franc BCEAO
Mexico	Guadalajara	L	94	90			May-2020	Peso (Mexico)
Mexico	Mexico City	Jul-2015	94	90			May-2020	Peso (Mexico)
Mexico	Monterrey	L	94	90			May-2020	Peso (Mexico)
Mongolia	Ulaanbaatar	Jun-2018	95	91	1	a	Jul-2020	Tugrik
Morocco	Rabat	Oct-2017	110	107	1		Jul-2020	Dirham (Morocco)
Mozambique	Maputo	Aug-2017	115	111			Jan-2020	Metical
Netherlands, The	Delft	Oct-2015	126	132		f	Apr-2020	Euro
Netherlands, The	The Hague	Oct-2015	111	118			Apr-2020	Euro
New Zealand	Auckland	L	124	120			Jul-2019	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	124	120			Jul-2019	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	128	123		f	Jul-2019	Dollar (New Zealand)
Nicaragua	Managua	L	101	96	1	a	Jul-2020	Cordoba, New
Nigeria	Abuja	Oct-2015	123	132			Apr-2020	Naira
Nigeria	Lagos	Jan-2016	115	123			Apr-2020	Naira
Norway	Oslo	Sep-2018	134	140	1		Jul-2020	Krone (Norway)
Pakistan	Islamabad	Jul-2015	95	98			Apr-2020	Rupee (Pakistan)
Panama	Panama City	Aug-2017	114	120			Apr-2020	Balboa
Peru	Lima	Feb-2015	126	121	1		Jul-2020	Nuevo Sol
Philippines	Manila	May-2017	114	118			Apr-2020	Peso (Philippines)
Poland	Warsaw	Sep-2017	103	107			Mar-2020	Zloty
Portugal	Lisbon	Aug-2017	121	125			Apr-2020	Euro
Qatar	Doha	Jan-2019	118	111	1		Jul-2020	Riyal (Qatar)
Romania	Bucharest	Mar-2019	102	102			Mar-2020	Leu
Russia	Moscow	Mar-2019	99	102	1		Jul-2020	Rouble (Russia)
Rwanda	Kigali	Aug-2017	107	114		a	Apr-2020	Franc (Rwanda)
Saudi Arabia	Riyadh	Jan-2014	122	128			Apr-2020	Riyal (Saudi Arabia)
Senegal	Dakar	Jan-2015	117	123			Apr-2020	CFA Franc BCEAO
Serbia	Belgrade	Mar-2019	111	101			Mar-2020	Dinar (Serbia)

Foreign Service Directives Post Indexes

Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Singapore	Singapore	Jun-2015	142	148			May-2020	Dollar (Singapore)
Singapore	Singapore	Jun-2015	147	153		f	May-2020	Dollar (Singapore)
Slovakia	Bratislava	Jul-2016	96	101		a	Apr-2020	Euro
South Africa	Johannesburg	L	96	89			May-2020	Rand
South Africa	Johannesburg	L	97	90		f	May-2020	Rand
South Africa	Pretoria	Apr-2017	96	89			May-2020	Rand
South Sudan	Juba	L	...	151	3		Jan-2020	Pound (South Sudan)
Spain	Barcelona	L	123	129			Apr-2020	Euro
Spain	Madrid	Aug-2017	123	129			Apr-2020	Euro
Sri Lanka	Colombo	May-2016	102	107			Apr-2020	Rupee (Sri Lanka)
Sudan	Khartoum	119	3		Dec-2019	Pound (Sudan)
Sweden	Stockholm	Aug-2017	114	118			Jan-2020	Krona (Sweden)
Switzerland	Bern	L	153	165			Apr-2020	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	153	165			Apr-2020	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	160	173		f	Apr-2020	Franc (Switzerland)
Taiwan	Taipei	Oct-2015	121	127			Apr-2020	Dollar (Taiwan)
Tanzania	Dar es Salaam	May-2014	110	117			Apr-2020	Shilling (Tanzania)
Thailand	Bangkok	Oct-2015	134	130			Jun-2020	Baht
Trinidad & Tobago	Port of Spain	Apr-2017	122	127			Jan-2019	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	82	85			Apr-2020	Dinar (Tunisia)
Turkey	Ankara	Mar-2019	94	90			May-2020	Lira
Turkey	Istanbul	Mar-2019	97	92			May-2020	Lira
Ukraine	Kyiv	Aug-2014	106	110			Nov-2019	Hryvna (Ukraine)
United Arab Emirates	Abu Dhabi	Apr-2016	127	131			Apr-2020	Dirham (U.A.E.)
United Arab Emirates	Dubai	Apr-2016	127	132			Apr-2020	Dirham (U.A.E.)
United Kingdom	Cheltenham	Sep-2015	116	121		f	Dec-2019	Pound (United Kingdom)
United Kingdom	London	Oct-2015	120	125			Dec-2019	Pound (United Kingdom)
United Kingdom	London	Oct-2015	123	128		d	Dec-2019	Pound (United Kingdom)
United Kingdom	London	Oct-2015	126	132		f	Dec-2019	Pound (United Kingdom)
United States of America	Atlanta	May-2018	131	124	1		Jul-2020	Dollar (USA)
United States of America	Boston	Jun-2018	130	124	1		Jul-2020	Dollar (USA)
United States of America	Chicago	Jun-2018	127	122	1		Jul-2020	Dollar (USA)
United States of America	Colorado Springs	Sep-2017	130	136			Apr-2020	Dollar (USA)
United States of America	Dallas	Jul-2018	125	118	1		Jul-2020	Dollar (USA)
United States of America	Denver	Aug-2018	122	128			Apr-2020	Dollar (USA)

Foreign Service Directives Post Indexes

Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
United States of America	Denver	Aug-2018	125	131		f	Apr-2020	Dollar (USA)
United States of America	Detroit	Jun-2015	124	117	1		Jul-2020	Dollar (USA)
United States of America	Houston	Jul-2018	124	117	1		Jul-2020	Dollar (USA)
United States of America	Los Angeles	Aug-2018	133	127	1		Jul-2020	Dollar (USA)
United States of America	Miami	Nov-2017	130	125	1		Jul-2020	Dollar (USA)
United States of America	Minneapolis	Sep-2018	119	115	1		Jul-2020	Dollar (USA)
United States of America	New York City	Oct-2017	147	142	1		Jul-2020	Dollar (USA)
United States of America	New York City	Oct-2017	154	149	1	f	Jul-2020	Dollar (USA)
United States of America	Raleigh	Nov-2009	130	124	1	f	Jul-2020	Dollar (USA)
United States of America	San Diego	Jan-2015	134	129	1		Jul-2020	Dollar (USA)
United States of America	San Francisco	Jun-2013	144	139	1		Jul-2020	Dollar (USA)
United States of America	Seattle	Aug-2018	130	126	1		Jul-2020	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	129	124	1		Jul-2020	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	134	129	1	f	Jul-2020	Dollar (USA)
Uruguay	Montevideo	Feb-2018	128	123			Apr-2020	Peso (Uruguay)
Vatican City	Vatican	L	119	125			Apr-2020	Euro
Vietnam	Hanoi	Apr-2017	127	122	1		Jul-2020	Dong
Vietnam	Ho Chi Minh City	Apr-2017	124	120	1		Jul-2020	Dong
West Bank and Gaza	Ramallah	L	128	133			May-2020	Shekel (Israel)
Zambia	Lusaka	Jun-2014	79	73		a	May-2020	Kwacha (Zambia)
Zimbabwe	Harare	201	3		Oct-2019	...

(1) Post Index has been updated or is new this month.

(2) Previously released Post Index has been revised.

(3) Due to the absence of reliable economic data, the foreign post index is not subject to monthly monitoring updates.

... Not applicable

L. Where no Survey Date is shown, the Post Index is linked to another Post Index where a survey has been carried out.

(a) - Based on U.S. Department of State surveys; does not include access to duty-free purchases.

(b) - Based on United Nations surveys; does not include access to duty-free purchases.

(c) - Index for personnel who do not have U.S. military facility privileges.

(d) - Index for personnel who do not have access to duty-free gasoline.

(e) - Index for civilian personnel who have U.S. military facility privileges.

(f) - Index for personnel who do not have diplomatic privileges.

(g) - Index for personnel who are provided rations and quarters, a meal allowance or a third-party subsistence allowance.

(h) - Index for personnel who do not have retail tax-free privileges.

(i) - Index for personnel who purchase rations from a military establishment.

Persons Working Under TAH Provisions Post Indexes

All indexes are non-diplomatic

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Afghanistan	Kabul	100			Oct-2005	Afghani
Bangladesh	Dhaka	May-2018	133	129	1		Jul-2020	Taka
Benin	Cotonou	Dec-2012	110	106		a	Jun-2020	CFA Franc BCEAO
Bolivia	La Paz	Jun-2017	98	103		a	Apr-2020	Boliviano
Bolivia	Santa Cruz	L	98	103		a	Apr-2020	Boliviano
Burkina Faso	Ouagadougou	Jan-2018	117	124			Apr-2020	CFA Franc BCEAO
Burma (Myanmar)	Yangon	L	93	90	1		Jul-2020	Kyat
China	Beijing	Dec-2018	135	127	1		Jul-2020	Yuan Renminbi
Colombia	Bogota	Aug-2017	105	101			Apr-2020	Peso (Colombia)
Colombia	Medellin	L	105	101			Apr-2020	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	137	130	1		Jul-2020	Franc (Congo)
Cuba	Havana	Apr-2014	128	133			Apr-2020	Convertible Peso (Cuba)
Egypt	Cairo	Aug-2015	112	117			Apr-2020	Pound (Egypt)
El Salvador	San Salvador	Nov-2016	95	100		a	Apr-2020	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	116	123			Jun-2020	Birr
Ghana	Accra	Oct-2015	115	110			Aug-2017	Cedi
Ghana	Tamale	L	115	110			Aug-2017	Cedi
Guatemala	Guatemala City	Aug-2017	124	129			Apr-2020	Quetzal
Haiti	Cap-Haitien	L	127	120	1		Jul-2020	Gourde
Haiti	Les Cayes	L	127	120	1		Jul-2020	Gourde
Haiti	Port-au-Prince	L	127	120	1		Jul-2020	Gourde
Haiti	St. Marc	L	127	120	1		Jul-2020	Gourde
Honduras	Tegucigalpa	Apr-2017	115	119			Apr-2020	Lempira
Indonesia	Jakarta	L	113	119			Jun-2020	Rupiah
Israel	Tel Aviv	Apr-2017	143	148			May-2020	Shekel (Israel)
Jordan	Amman	Sep-2017	131	136			Apr-2020	Dinar (Jordan)
Kenya	Nairobi	May-2014	138	143			Apr-2020	Shilling (Kenya)
Lebanon	Beirut	Dec-2018	163	169	1		Jul-2020	Pound (Lebanon)
Mali	Bamako	Mar-2019	113	109			Jun-2020	CFA Franc BCEAO
Mongolia	Ulaanbaatar	L	95	91	1		Jul-2020	Tugrik
Morocco	Agadir	L	114	110	1		Jul-2020	Dirham (Morocco)
Morocco	Rabat	Oct-2017	114	110	1		Jul-2020	Dirham (Morocco)
Mozambique	Maputo	L	115	111			Jan-2020	Metical
Mozambique	Vilankulos	L	115	111			Jan-2020	Metical
Nicaragua	Managua	Feb-2017	101	96	1	a	Jul-2020	Cordoba, New
Nigeria	Abuja	L	123	132			Apr-2020	Naira

Persons Working Under TAH Provisions Post Indexes

All indexes are non-diplomatic

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Nigeria	Bauchi	L	115	123		Apr-2020	Naira
Nigeria	Calabar	L	115	123		Apr-2020	Naira
Nigeria	Lagos	L	115	123		Apr-2020	Naira
Pakistan	Lahore	L	95	98		Apr-2020	Rupee (Pakistan)
Pakistan	Pakistan Other	L	95	98		Apr-2020	Rupee (Pakistan)
Panama	Panama City	Aug-2017	116	122		Apr-2020	Balboa
Peru	Lima	Feb-2015	126	121	1	Jul-2020	Nuevo Sol
Philippines	Manila	May-2017	118	122		Apr-2020	Peso (Philippines)
Senegal	Dakar	Jan-2015	118	125		Apr-2020	CFA Franc BCEAO
Senegal	Kolda	L	118	125		Apr-2020	CFA Franc BCEAO
Senegal	Thies	L	118	125		Apr-2020	CFA Franc BCEAO
South Africa	Pretoria	Apr-2017	97	90		May-2020	Rand
South Sudan	Juba	L	...	151	3	Jan-2020	Pound (South Sudan)
Sri Lanka	Colombo	May-2016	104	110		Apr-2020	Rupee (Sri Lanka)
Tanzania	Dar es Salaam	May-2014	110	117		Apr-2020	Shilling (Tanzania)
Tanzania	Tanzania Other	L	110	117		Apr-2020	Shilling (Tanzania)
Trinidad & Tobago	Port of Spain	Apr-2017	126	130		Jan-2019	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	85	88		Apr-2020	Dinar (Tunisia)
Uganda	Kampala	Feb-2017	92	96	a	Apr-2020	Shilling
Ukraine	Kyiv	Aug-2014	110	114		Nov-2019	Hryvna (Ukraine)
Vietnam	Hanoi	Apr-2017	128	123	1	Jul-2020	Dong
West Bank and Gaza	Gaza City	L	143	148		May-2020	Shekel (Israel)
West Bank and Gaza	Ramallah	L	143	148		May-2020	Shekel (Israel)
Zambia	Lusaka	L	79	73	a	May-2020	Kwacha (Zambia)
Zimbabwe	Harare	222	3	Oct-2019	...

(1) Post Index has been updated or is new this month.

(2) Previously released Post Index has been revised.

(3) Due to the absence of reliable economic data, the foreign post index is not subject to monthly monitoring updates.

... Not applicable

L Where no Survey Date is shown, the Post Index is linked to another Post Index where a survey has been carried out.

(a) - Based on U.S. Department of State surveys; does not include access to duty-free purchases.

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
AA99	World	Assignments (No Post Index)	...	100			Nov-2006	...
AF02	Afghanistan	Kabul	...	95		g	Jul-2003	...
AL01	Algeria	Algiers	Mar-2019	89			Feb-2020	Dinar (Algeria)
AR10	United Arab Emirates	Abu Dhabi	Apr-2016	131			Apr-2020	Dirham (U.A.E.)
AR11	United Arab Emirates	Abu Dhabi	Apr-2016	103		g	Apr-2020	Dirham (U.A.E.)
AT01	Australia	Canberra	L	126		f	Jun-2020	Dollar (Australia)
AT02	Australia	Canberra	L	122			Jun-2020	Dollar (Australia)
AT05	Australia	Perth	L	126		f	Jun-2020	Dollar (Australia)
AT06	Australia	Adelaide	L	126		f	Jun-2020	Dollar (Australia)
AT07	Australia	Brisbane	Apr-2017	131		f	Jun-2020	Dollar (Australia)
AT08	Australia	Sydney	L	131			Jun-2020	Dollar (Australia)
AT11	Australia	Cabarlah	L	126			Jun-2020	Dollar (Australia)
AT12	Australia	Canungra	L	126			Jun-2020	Dollar (Australia)
AT99	Australia	Australia Other	Apr-2017	126		f	Jun-2020	Dollar (Australia)
AU02	Austria	Vienna	Oct-2017	132			Apr-2020	Euro
BA02	Bangladesh	Dhaka	L	125	1		Jul-2020	Taka
BE01	Belgium	Brussels	Aug-2015	133			Apr-2020	Euro (DND semi-monthly)
BE03	Belgium	Casteau	Aug-2015	122			Apr-2020	Euro (DND semi-monthly)
BE15	Belgium	Brussels	Aug-2015	140		d	Apr-2020	Euro (DND semi-monthly)
BE16	Belgium	Brussels	L	133			Apr-2020	Euro (DND semi-monthly)
BE17	Belgium	Brussels	L	133			Apr-2020	Euro (DND semi-monthly)
BR03	Brazil	Brasilia	L	100			Jun-2020	Real
BR05	Brazil	Rio de Janeiro	L	100			Jun-2020	Real
CE01	Chile	Santiago	L	105			Dec-2019	Peso (Chile)
CE03	Chile	Valparaiso	L	105		g	Dec-2019	Peso (Chile)
CG01	Congo, Democratic Republic of	Kinshasa	May-2019	130	1		Jul-2020	Franc (Congo)
CH02	China	Beijing	Dec-2018	125	1		Jul-2020	Yuan Renminbi
CL01	Colombia	Bogota	Aug-2017	97			Apr-2020	Peso (Colombia)
CU01	Cuba	Havana	Apr-2014	131			Apr-2020	Convertible Peso (Cuba)
EG02	Egypt	Cairo	Aug-2015	117			Apr-2020	Pound (Egypt)
ES02	Estonia	Tartu	Jul-2015	116		a	Jul-2018	Euro (DND semi-monthly)
ES04	Estonia	Tallin	Jul-2015	119		a	Apr-2020	Euro
ET02	Ethiopia	Addis Ababa	Apr-2018	122		c	Jun-2020	Birr
FR02	France	Paris	Apr-2017	142		d	Apr-2019	Euro (DND semi-monthly)
FR03	France	Paris	Apr-2017	130			Apr-2019	Euro (DND semi-monthly)
FR05	France	Toulon	L	129			Apr-2020	Euro
FR21	France	Lille	L	129			Apr-2020	Euro

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
FR23	France	Lyon	L	135		d	Apr-2019	Euro (DND semi-monthly)
FR27	France	Phalsbourg, France	L	130			Apr-2019	Euro (DND semi-monthly)
FR28	France	Besançon, France	L	124			Apr-2019	Euro (DND semi-monthly)
GC01	Greece	Athens	Nov-2014	118			May-2020	Euro
GE06	Germany	Hamburg	Aug-2015	116		c	Mar-2019	Euro (DND semi-monthly)
GE13	Germany	Ramstein	Aug-2015	105			Jun-2017	Euro (DND semi-monthly)
GE16	Germany	Stuttgart	L	105			Jun-2017	Euro (DND semi-monthly)
GE23	Germany	Oberammergau	L	105			Jun-2017	Euro (DND semi-monthly)
GE24	Germany	Munich	L	122		c	Mar-2019	Euro (DND semi-monthly)
GE30	Germany	Geilenkirchen	Aug-2015	105			Mar-2019	Euro (DND semi-monthly)
GE67	Germany	Berlin	L	121		c	Apr-2020	Euro
GE69	Germany	Kalkar	L	109			Mar-2019	Euro (DND semi-monthly)
GE75	Germany	Wiesbaden	L	105			Jun-2017	Euro (DND semi-monthly)
GE80	Germany	Wesel	Aug-2015	109			Mar-2019	Euro (DND semi-monthly)
GH01	Ghana	Accra	Oct-2015	110			Aug-2017	Cedi
GR01	Greenland	Thule	...	80			Dec-1994	Dollar (USA, DND semi-monthly)
HA02	Haiti	Port-au-Prince	Nov-2017	120	1		Jul-2020	Gourde
HA03	Haiti	Haiti	Nov-2017	99		g	Jun-2018	Gourde
IN02	India	New Delhi	Jun-2018	113			Jan-2019	Rupee (India)
IN04	Indonesia	Jakarta	Aug-2015	119		f	Jun-2020	Rupiah
IS02	Israel	Tel Aviv	Apr-2017	133			May-2020	Shekel (Israel)
IT03	Italy	Rome	Sep-2017	124			May-2020	Euro (DND semi-monthly)
IT04	Italy	Rome	Sep-2017	125			Apr-2020	Euro
IT05	Italy	Rome	Sep-2017	108		g	Apr-2018	Euro (DND semi-monthly)
IT09	Italy	Naples	Nov-2017	118			May-2020	Euro (DND semi-monthly)
IT13	Italy	Poggio	L	123			May-2020	Euro (DND semi-monthly)
IT14	Italy	Sigonella	Nov-2017	118			May-2020	Euro (DND semi-monthly)
JA02	Japan	Tokyo	Sep-2014	173		c	Apr-2020	Yen
JA05	Japan	Tokyo	L	173		c	Apr-2020	Yen
JM02	Jamaica	Kingston	Oct-2018	114	1	d	Jul-2020	Dollar (Jamaica)
JO01	Jordan	Amman	Sep-2017	133			Apr-2020	Dinar (Jordan)
KE01	Kenya	Nairobi	May-2014	142			Apr-2020	Shilling (Kenya)
KU01	Kuwait	Kuwait City	Oct-2015	124			Jun-2020	Dinar (Kuwait)
KZ01	Kazakhstan	Nur-Sultan	Feb-2019	99			May-2020	Tenge
LE02	Lebanon	Beirut	Dec-2018	169	1		Jul-2020	Pound (Lebanon)
LT01	Lithuania	Vilnius	L	84		a	Apr-2020	Euro
LUX1	Luxembourg	Luxembourg City	L	140			Apr-2020	Euro (DND semi-monthly)

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
LV02	Latvia	Riga (unaccompanied with meals)	Oct-2017	96		g	Mar-2018	Euro
LV03	Latvia	Riga (no meals)	Oct-2017	119			Apr-2020	Euro (DND semi-monthly)
MA03	Mali	Bamako	Mar-2019	98		g	Feb-2020	CFA Franc BCEAO
MA06	Malaysia	Kuala Lumpur, Malaysia	May-2015	102			Jun-2020	Ringgit (Malaysia)
ME01	Mexico	Mexico City	Jul-2015	90			May-2020	Peso (Mexico)
MO02	Morocco	Rabat	L	107	1		Jul-2020	Dirham (Morocco)
NE01	Netherlands, The	Brunssum	Aug-2015	114			Apr-2020	Euro (DND semi-monthly)
NE02	Netherlands, The	The Hague	Oct-2015	118			Apr-2020	Euro
NE07	Netherlands, The	Eindhoven	L	114			Apr-2020	Euro (DND semi-monthly)
NG05	Nigeria	Abuja	Oct-2015	132			Apr-2020	Naira
NG06	Nigeria	Lagos	Jan-2016	123			Apr-2020	Naira
NR02	Norway	Oslo	Sep-2018	140	1		Jul-2020	Krone (Norway)
NR05	Norway	Stavanger	Aug-2018	130			Apr-2020	Krone (Norway, DND monthly)
NZ02	New Zealand	Trentham	Apr-2017	123			Jul-2019	Dollar (New Zealand)
OP06	Israel	OP JADE, Tiberias/Golan Heights	L	110		g	Jun-2017	Shekel (Israel)
OP13	Congo, Democratic Republic of	OP CROCODILE, Kinshasa	May-2019	102		g	Dec-2019	Franc (Congo)
OP16	Egypt	OP CALUMET, El Gorah	Aug-2015	95		g	Dec-2019	Pound (Egypt)
OP20	Lebanon	OP JADE, Tyre	Dec-2018	110		g	Jun-2020	Pound (Lebanon)
OP31	Congo, Democratic Republic of	OP CROCODILE, Goma	May-2019	102		g	Dec-2019	Franc (Congo)
OP33	Kuwait	OP IMPACT, Kuwait	L	98		g	May-2016	Dinar (Kuwait)
OP34	Qatar	OP IMPACT, Al Udeid	L	99		g	Dec-2019	Riyal (Qatar)
OP35	Iraq	OP IMPACT, Baghdad	...	100			May-2016	...
OP36	Iraq	OP IMPACT, Erbil	...	100			Aug-2016	...
OP38	Poland	OP REASSURANCE, Drawsko Pomorskie	Sep-2017	97		g	Jan-2018	Zloty
OP40	Italy	OP REASSURANCE, Naples	Nov-2017	105		g	Apr-2018	Euro (DND semi-monthly)
OP41	Latvia	OP REASSURANCE, Riga	Oct-2017	96		g	Mar-2018	Euro
OP53	Israel	OP PROTEUS, Jerusalem	Apr-2017	110		g	Jun-2017	Shekel (Israel)
OP54	Bahrain	OP FOUNDATION, Bahrain	Jun-2015	103		g	Apr-2020	Dinar (Bahrain)
OP67	Sudan	OP SAFARI, Sudan	...	100	3	g	Dec-2019	Pound (Sudan)
OP70	Cyprus	OP LION, Cyprus	Oct-2018	95		g	Jan-2020	Euro
OP76	Kosovo	OP KOBOLD	Feb-2003	98		g	Dec-2008	Euro (DND semi-monthly)
OP80	Qatar	OP FOUNDATION, Doha	Jan-2019	99		g	Dec-2019	Riyal (Qatar)
OP91	World	HMCS OPS	...	95			Mar-2011	...
OP95	Jordan	OP FOUNDATION	Sep-2017	98		g	Feb-2018	Dinar (Jordan)
OP96	Djibouti	OP FOUNDATION (unaccompanied)	Jul-2018	99		g	Dec-2019	Franc (Djibouti)

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
OP99	World	Operations Other	...	100			Feb-2014	...
OPA1	Ukraine	OP UNIFER, Kemenets Pololskiy	Aug-2014	94		g	Mar-2016	Hryvna (Ukraine)
OPA2	Ukraine	OP UNIFER, Yavoriv	L	94		g	Mar-2016	Hryvna (Ukraine)
OS07	Germany	OP SP HUB Köln (unaccompanied with meals)	Aug-2015	103		g	Oct-2016	Euro
OS08	Germany	SUP HUB Köln	Aug-2015	116		c	Mar-2019	Euro (DND semi-monthly)
OS09	Kuwait	OP SUB HUB, Kuwait City	Oct-2015	98		g	May-2016	Dinar (Kuwait)
PA02	Pakistan	Islamabad	Jul-2015	98			Apr-2020	Rupee (Pakistan)
PA03	Pakistan	Quetta	Jul-2015	98			Apr-2020	Rupee (Pakistan)
PE01	Peru	Lima	Feb-2015	121	1		Jul-2020	Nuevo Sol
PH01	Philippines	Manila	May-2017	119		d	Apr-2020	Peso (Philippines)
PL02	Poland	Warsaw	Sep-2017	107			Mar-2020	Zloty
PL03	Poland	Bydgoszcz	Sep-2017	101		g	Feb-2020	Zloty (DND semi-monthly)
PL04	Poland	Szczecin, Poland	Sep-2017	105	1		Jul-2020	Zloty (DND semi-monthly)
PL05	Poland	Elblag	Sep-2017	102		g	Jan-2018	Zloty (DND semi-monthly)
RO02	Romania	Bucharest, Romania	Mar-2019	102			Mar-2020	Leu
RO03	Romania	Craiova, Romania	L	102			Mar-2020	Leu
RU02	Russia	Moscow	Mar-2019	102	1		Jul-2020	Rouble (Russia)
SA01	Saudi Arabia	Riyadh	Jan-2014	128			Apr-2020	Riyal (Saudi Arabia)
SA21	South Africa	Pretoria	Apr-2017	89			May-2020	Rand
SE01	Senegal	Dakar	Jan-2015	124		c	Apr-2020	CFA Franc BCEAO
SI03	Singapore	Singapore	Jun-2015	148			May-2020	Dollar (Singapore)
SK01	Korea, South	Seoul	Jan-2019	140			Oct-2019	Won
SK05	Korea, South	Pyeongtaek	Jan-2019	123			Apr-2020	Won
SL01	Sri Lanka	Colombo	May-2016	107			Apr-2020	Rupee (Sri Lanka)
SP03	Spain	Madrid	Aug-2017	129			Apr-2020	Euro
SP04	Spain	Madrid DND Non VAT	Aug-2017	132		f	Apr-2020	Euro
SS01	Sudan	Khartoum, accompanied - MSGU	...	119		3	Dec-2019	Pound (Sudan)
SW02	Sweden	Stockholm	Aug-2017	127		f	Jan-2020	Krona (SWE, DND semi-monthly)
TH01	Thailand	Bangkok	L	130			Jun-2020	Baht
TN01	Tunisia	Tunis	Sep-2018	85			Apr-2020	Dinar (Tunisia)
TU02	Turkey	Ankara	Mar-2019	89		c	May-2020	Lira
TU04	Turkey	Izmir	Mar-2019	92			Jun-2020	Lira (US \$ Rate, DND monthly)
TU05	Turkey	Istanbul	Mar-2019	91		c	May-2020	Lira
UA05	United States of America	Edwards, California	L	123			Apr-2020	Dollar (USA, DND semi-monthly)

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
UA07	United States of America	Monterey, California	Jan-2008	133			Apr-2020	Dollar (USA, DND semi-monthly)
UA08	United States of America	San Diego, California	Jan-2015	123			Apr-2020	Dollar (USA, DND semi-monthly)
UA10	United States of America	Whidbey Island, Washington	Aug-2018	124			May-2020	Dollar (USA, DND semi-monthly)
UA11	United States of America	Seattle / Tacoma (McChord), Washington	Aug-2018	129			May-2020	Dollar (USA, DND semi-monthly)
UA16	United States of America	Vandenberg, California	Jul-2013	129			Apr-2020	Dollar (USA, DND semi-monthly)
UA20	United States of America	Mojave, California (Test Pilot School)	L	123			Apr-2020	Dollar (USA, DND semi-monthly)
UA23	United States of America	Las Vegas, Nevada	Aug-2018	137		c	May-2020	Dollar (USA, DND semi-monthly)
UA26	United States of America	Twentynine Palms	L	123			Apr-2020	Dollar (USA, DND semi-monthly)
UB01	United States of America	Colorado Springs, Colorado	Sep-2017	134			May-2020	Dollar (USA, DND semi-monthly)
UB04	United States of America	Buckley (Denver), Colorado	Sep-2018	124			May-2020	Dollar (USA, DND semi-monthly)
UB06	United States of America	Albuquerque, New Mexico	L	134			May-2020	Dollar (USA, DND semi-monthly)
UB08	United States of America	Fort Huachuca, Arizona	L	134			May-2020	Dollar (USA, DND semi-monthly)
UC01	United States of America	Fort Bliss, Texas	L	108			Apr-2020	Dollar (USA, DND semi-monthly)
UC02	United States of America	Cavalier, North Dakota	Aug-2018	109			Apr-2020	Dollar (USA, DND semi-monthly)
UC04	United States of America	San Antonio, Texas	Jan-2015	112			Feb-2019	Dollar (USA, DND semi-monthly)
UC06	United States of America	Houston, Texas, Johnson Space Center	Jul-2018	123	1	c	Jul-2020	Dollar (USA, DND semi-monthly)
UC07	United States of America	Fort Hood, Fort Worth, Sheppard, Wichita Falls	Aug-2018	108			Apr-2020	Dollar (USA, DND semi-monthly)
UC08	United States of America	University of Texas (San Antonio), Randolph, Medina, Universal City	L	112			Feb-2019	Dollar (USA, DND semi-monthly)
UC09	United States of America	Fort Sill, Tinker, Oklahoma	Aug-2018	107			Apr-2020	Dollar (USA, DND semi-monthly)
UD01	United States of America	Fort Leavenworth, Kansas	Aug-2018	112			Apr-2020	Dollar (USA, DND semi-monthly)
UD03	United States of America	St. Louis, Missouri, Fort Leonard Wood, Missouri, Scott, Elleville, Illinois	Jan-2015	115			Apr-2020	Dollar (USA, DND semi-monthly)
UD04	United States of America	Omaha, Nebraska	L	112			Apr-2020	Dollar (USA, DND semi-monthly)
UE01	United States of America	Dayton, Ohio, Wright-Patterson, Ohio	Oct-2017	120			Apr-2020	Dollar (USA, DND semi-monthly)
UE03	United States of America	Warren, Michigan	Jun-2015	114	1		Jul-2020	Dollar (USA, DND semi-monthly)

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
UF01	United States of America	Maryland: Aberdeen, Annapolis, Carderock, Fort Meade, Indian Head, Patuxent River, University of Maryland Virginia: Alexandria, Andrews, Arlington, Crystal City, Falls Church, Quantico, D.C.: Bolling, Washington	Oct-2017	126			Apr-2020	Dollar (USA, DND semi-monthly)
UF02	United States of America	Washington, D. C.	L	124	1	c	Jul-2020	Dollar (USA)
UF03	United States of America	Cherry Point, Pope	L	115			May-2020	Dollar (USA, DND semi-monthly)
UF08	United States of America	Chesapeake, Dam Neck, Fort Lee, Fort Monroe, Hampton, Langley, Norfolk, Yorkton	Nov-2017	117			May-2020	Dollar (USA, DND semi-monthly)
UF09	United States of America	Fayetteville, Fort Bragg, North Carolina	Oct-2017	115			May-2020	Dollar (USA, DND semi-monthly)
UF15	United States of America	Maryland: Aberdeen, Annapolis, Carderock, Fort Meade, Indian Head, Patuxent River, University of Maryland Virginia: Alexandria, Andrews, Arlington, Crystal City, Falls Church, Quantico, D.C.: Bolling, Washington	Oct-2017	130		f	Apr-2020	Dollar (USA, DND semi-monthly)
UG01	United States of America	Eglin, Tyndall	Jul-2018	122			May-2020	Dollar (USA, DND semi-monthly)
UG02	United States of America	Beaufort Falls	L	123		c	May-2020	Dollar (USA, DND semi-monthly)
UG05	United States of America	Fort Benning, Georgia	L	122			May-2020	Dollar (USA, DND semi-monthly)
UG06	United States of America	Fort Gordon, Fort McPherson, Fort Stewart	L	122			May-2020	Dollar (USA, DND semi-monthly)
UG07	United States of America	Mississippi	L	122		d	May-2020	Dollar (USA, DND semi-monthly)
UG08	United States of America	Gainesville, Florida (University of Florida)	Jul-2018	123		c	May-2020	Dollar (USA, DND semi-monthly)
UG09	United States of America	Fort Rucker, Alabama	L	122			May-2020	Dollar (USA, DND semi-monthly)
UG10	United States of America	Jacksonville, Florida	L	122		d	May-2020	Dollar (USA, DND semi-monthly)
UG11	United States of America	Maxwell, Montgomery, Alabama	L	122		d	May-2020	Dollar (USA, DND semi-monthly)
UG12	United States of America	Daytona Beach	L	123		c	May-2020	Dollar (USA, DND semi-monthly)
UG13	United States of America	University of Tennessee	L	123		c	May-2020	Dollar (USA, DND semi-monthly)
UG14	United States of America	MacDill, Tampa	L	122			May-2020	Dollar (USA, DND semi-monthly)
UG17	United States of America	West Palm Beach, Florida	Nov-2017	132			May-2020	Dollar (USA, DND semi-monthly)
UG21	United States of America	Robins, Georgia	L	122			May-2020	Dollar (USA, DND semi-monthly)
UG22	United States of America	Miami	Nov-2017	132			May-2020	Dollar (USA, DND semi-monthly)

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
UG25	United States of America	Little Rock, Arkansas	L	122		d	May-2020	Dollar (USA, DND semi-monthly)
UG26	United States of America	Huntsville, Alabama	Jul-2018	122		d	May-2020	Dollar (USA, DND semi-monthly)
UG30	United States of America	KEY WEST FLORIDA	Jul-2018	127	1		Jul-2020	Dollar (USA)
UH02	United States of America	New York City	Oct-2017	141			Apr-2020	Dollar (USA, DND semi-monthly)
UH03	United States of America	Cape Cod, Hanscom	Nov-2012	124	1		Jul-2020	Dollar (USA, DND semi-monthly)
UH04	United States of America	Boston, University of Boston	Jun-2018	130		f	Apr-2020	Dollar (USA, DND semi-monthly)
UH06	United States of America	Carlisle, Pennsylvania	L	121			May-2020	Dollar (USA, DND semi-monthly)
UH08	United States of America	Philadelphia, Warminster	L	130		f	Apr-2020	Dollar (USA, DND semi-monthly)
UH11	United States of America	Rome, New York	Nov-2017	121			May-2020	Dollar (USA, DND semi-monthly)
UH14	United States of America	Newport Rhode Island	L	124	1		Jul-2020	Dollar (USA, DND semi-monthly)
UH16	United States of America	Stratford, Connecticut	Nov-2018	119	1	c	Jul-2020	Dollar (USA, DND semi-monthly)
UH22	United States of America	New York City (No VAT Rebates)	Oct-2017	148		f	Apr-2020	Dollar (USA, DND semi-monthly)
UJ02	United States of America	Picatinny Arsenal, New Jersey	L	130		f	Apr-2020	Dollar (USA, DND semi-monthly)
UJ04	United States of America	Rutgers University, New Jersey	L	130		f	Apr-2020	Dollar (USA, DND semi-monthly)
UK12	United Kingdom	Inside the M25 (No VAT Rebates)	Sep-2015	120		h	May-2020	Pound (U.K., DND)
UK13	United Kingdom	Outside the M25 (VAT Rebates)	Sep-2015	112			May-2020	Pound (U.K., DND)
UK18	United Kingdom	Inside the M25 (VAT Rebates)	Sep-2015	117			May-2020	Pound (U.K., DND)
UK57	United Kingdom	Scotland	L	106			May-2020	Pound (U.K., DND)
U001	United States of America	Elmendorf, Alaska	Aug-2018	122			Jul-2019	Dollar (USA, DND semi-monthly)
U003	United States of America	Honolulu, Hawaii	Oct-2017	126			Apr-2020	Dollar (USA, DND semi-monthly)
U005	United States of America	Clear, Alaska	Aug-2018	101		g	Oct-2019	Dollar (USA)
U008	United States of America	Eielson	L	122			Jul-2019	Dollar (USA, DND semi-monthly)
UR01	Ukraine	Kyiv	Aug-2014	110			Nov-2019	Hryvna (Ukraine)
USA2	United States of America	Pensacola, Florida	L	122		d	May-2020	Dollar (USA, DND semi-monthly)
WB01	West Bank and Gaza	Ramallah	L	148			May-2020	Shekel (Israel)
YU02	Serbia	Belgrade	Mar-2019	102			Mar-2020	Dinar (Serbia)
ZZ01	Belgium	Casteau	Aug-2015	125			Apr-2020	Euro
ZZ03	Netherlands, The	Brunssum	Aug-2015	115			Apr-2020	Euro

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in July 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
ZZ09	Haiti	Port-au-Prince	Nov-2017	101		g	Jun-2018	Gourde
ZZ10	Haiti	Regions of Haiti	L	101		g	Jun-2018	Gourde
ZZ17	West Bank and Gaza	Palestinian Territories	L	110		g	Jun-2017	Shekel (Israel)
ZZ30	Ukraine	Kyiv	L	94		g	Mar-2016	Hryvna (Ukraine)
ZZ31	Cambodia	Phnom Penh	Feb-2016	96		g	Jun-2017	Riel

(1) Post Index has been updated or is new this month.

(2) Previously released Post Index has been revised.

(3) Due to the absence of reliable economic data, the foreign post index is not subject to monthly monitoring updates.

... Not applicable

L - Where no Survey Date is shown, the Post Index is linked to another Post Index where a survey has been carried out.

(a) - Based on U.S. Department of State surveys; does not include access to duty-free purchases.

(b) - Based on United Nations surveys; does not include access to duty-free purchases.

(c) - Index for personnel who do not have U.S. military facility privileges.

(d) - Index for personnel who do not have access to duty-free gasoline.

(e) - Index for civilian personnel who have U.S. military facility privileges.

(f) - Index for personnel who do not have diplomatic privileges.

(g) - Index for personnel who are provided rations and quarters, a meal allowance or a third-party subsistence allowance.

(h) - Index for personnel who do not have retail tax-free privileges.

(i) - Index for personnel who purchase rations from a military establishment.